

Making the Case for Active Transportation

Fact Sheet #1

Fall 2000

HEALTH BENEFITS:

Did you know:

- 2/3 of Canadian children and youth are not active enough to lay a solid foundation for future health and well-being;

(Canadian Fitness & Lifestyle Research Institute, 1997)

- Currently, 63% of Canadians aren't active enough to achieve the health benefits associated with daily physical activity;

(Health Canada and Canadian Society for Exercise Physiology, 1998)

- 1/4 of Canadian children are overweight, and that proportion has been increasing. Maintaining appropriate body weight is one benefit of regular physical activity;

- Improved vigour, self-esteem and a sense of well-being come from physical health and in turn contribute to healthier and happier personal relationships and improved productivity in work



Active Living and Active Transportation lead to better health for everyone.

situations and at school;

- Active transportation is easily integrated into daily life by combining it with travel time.
- Active living leads to a reduction of health care costs because people are in better shape;
- Research shows that moderate physical activity reduces the risk of premature death, heart disease, obesity, high blood pressure, adult-onset diabetes, osteoporosis, stroke, depression and colon cancer;
- The Conference Board of Canada estimates that a 10% increase in the proportion of Canadians who are physically active could save \$102 million annually from the treatment of ischemic heart disease.

- Active Transportation (walking and cycling) can help to reduce the number of daily vehicle trips and thereby reduce the amount of emissions into the atmosphere.

- The effects of automobile emissions on health include increased susceptibility to respiratory infections in young children and the elderly;

- A Health Canada study found a strong association between premature mortality due to respiratory disease and airborne particulates, (i.e. motor vehicle emissions).

For more information please contact us at:



Go for Green

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